

dementia adventure®

# Lake District

## Keswick

**TAKE FIVE: 5 days, Monday to Friday**

**Price: From £680 per person**

**Dates: 11–15 September 2017**

### The Location

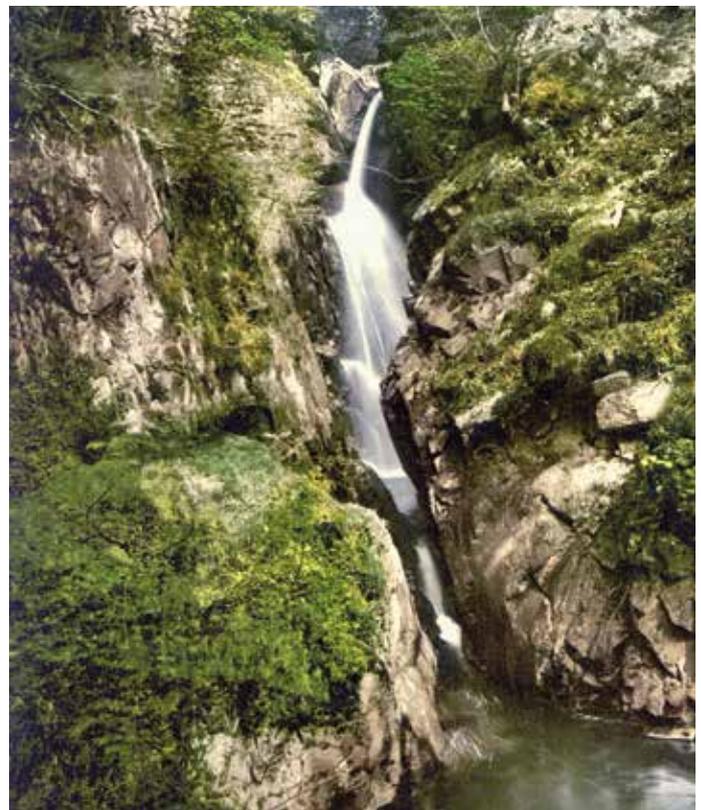
This holiday takes you to the Northern Lake District, giving a real taste of Cumbria. With mountains, lakes, fell villages and the coast being just a handful of the beautiful features it has to offer, stunning views and experiences come as standard.

This break is run in partnership with a local organisation called *Amy's Care*. Like us, they specialise in both travel and dementia and provide excellent local knowledge and skills, adding immense value to the trip.

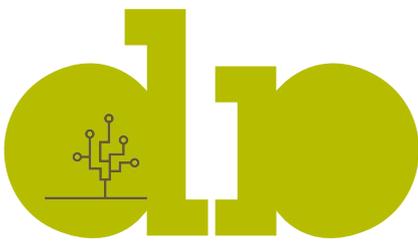
### Your Accommodation

We are based in a spacious and comfortable self catering accommodation in Keswick which allows us a variety of eating places in the evenings.

We aim to create a family atmosphere on this trip. Dementia Adventure organise a meal plan and the shopping. We work together as a group to prepare breakfasts and evening meals and picnic lunches, as well as doing the washing up together and having friendly evening gatherings—which may include the odd foray to the pub.



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## Your Itinerary

### Day 1:

On arrival we take afternoon tea and have a chance to get to know one another and our accommodation for the week. We then head out for a breath of fresh air and to enjoy the evening light over Derwentwater. Dinner this evening will be in the accommodation.

### Day 2:

After breakfast we plan a walk up the fell, Latrigg which affords 360° views of the lakes and mountains, and also has a wheelchair accessible path. We will enjoy a picnic lunch together, after which we board the launch on Derwentwater. The launch has seven stops should we decide to disembark and take a further short walk, or we can simply relax and take in the wonderful scenery. Then it's dinner in a local pub in the evening.

### Day 3:

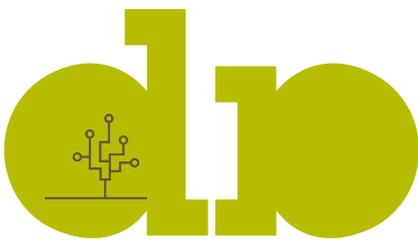
Today we head for the North Lakeland fells taking in the finest viewpoints by minibus. There will be a stop at Borrowdale Valley for a short walk to the Bowderstone, an unusual rock that became popular as a tourist attraction in 1798. At Honister Slate Mine there is an easy access short tour of this only working Cumbrian Slate Mine. After sampling the views over Buttermere Lake and Crummock Water we head to Whinlatter Forest, England's only true Mountain Forest, home to stunning views, and rare wildlife including the nesting Ospreys. Lunch will be taken in the Sky Hi Café at Honister Slate Mine and in the evening we will have a two course dinner at our accommodation.

### Day 4:

Today we take the minibus trip to view Aira Force. This tumbling waterfall drops an impressive 65ft and can be reached by an enchanting stroll through ancient woodland and landscaped glades. We will then move on to Ullswater to catch a circular Steamer ride on the lake. The steamers have been operating on Ullswater for over 150 years and will allow us to stop at the historic Howtown Hotel for lunch and refreshments. We plan to head out for dinner tonight at a Lakeland pub.

### Day 5:

After breakfast we will bid a fond farewell to our new found friends and make our way back home.



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### What's Included?

- All transport on arrival in the Lakes.
- All meals and soft drinks, tea and coffee.
- Accommodation.
- Entrance fees and tickets.

### What's Not Included?

- Travel insurance is advised, especially in the case of illness causing cancellation or curtailment.
- Personal care—if you are not self-caring, the carer who comes with you will need to be able to do this for you. Other care can be arranged for you on this holiday given advance notice and at your own cost.
- Travel from home to Keswick, although this can be arranged at an extra cost. Keswick is accessible by train and bus and we can arrange for pick up from Carlisle station for £20 per person.
- Alcoholic drinks with your meals—we can access shops/pubs in Keswick.

### Things To Bring

- Sturdy walking boots or shoes
- Waterproof jacket, fleece, hat and gloves
- Sunscreen and sun hat, gloves and scarf
- Water bottle and lunch box for picnics

### How Much Does The Holiday Cost?

Thanks to our many supporters and particularly players of **People's Postcode Lottery**, Dementia Adventure is able to make these holidays more affordable for people living with dementia and their carers. This means your first holiday with Dementia Adventure in a calendar year will always come at less than cost price. Prices start from **£680** per person, but we would not want cost to be the reason you felt you could not access this break. If you need further information about funding, please visit us at [www.dementiaadventure.co.uk](http://www.dementiaadventure.co.uk).



### How To Book?

If you have any questions, please call us on **01245 237548** or email [info@dementiaadventure.co.uk](mailto:info@dementiaadventure.co.uk). We will go through a detailed questionnaire with you and ask you about your abilities, interests and expectations. We will do everything we can to support you to take part. We look forward to seeing you on this break!

Please read this in conjunction with our group holiday terms and conditions.